



DISCHARGE GUIDELINES FOR GENERAL WOUND CARE

Care of the Incision

- You should remove the dressing in:
 Until next visit **unless instructed otherwise**
- Do not soak your wound/incision in water
- Once your dressing has been removed you may get the incision wet. Soap will not harm your incision. Pat incision dry.
- When showering do not allow your wound to have direct flow for long time, just enough to wash and rinse.
- Do not soak in a tub.
- Do not apply oils or creams to your incision unless instructed.
- Change the bandage or dressing if it gets wet. Wash your hands first.
- Depending on wound/incision location, raise and rest the wound to reduce swelling

Pain Management

- If you are given a prescription for pain medication take as directed. Pain pills can cause constipation. Be sure to drink extra fluids and eat extra fruits and vegetables.
- If your doctor agrees you may use an anti-inflammatory such as Advil/Ibuprofen in conjunction with your prescription pain medication

Follow up

- You will be given an appointment, or told to call for an appointment for follow-up
- Call your surgeon immediately if any problems occur before your appointment
 - 1) Your wound becomes red, swollen or starts to drain
 - 2) You have a fever, or chills
 - 3) You have an increase in pain that is not controlled by your pain medication.